

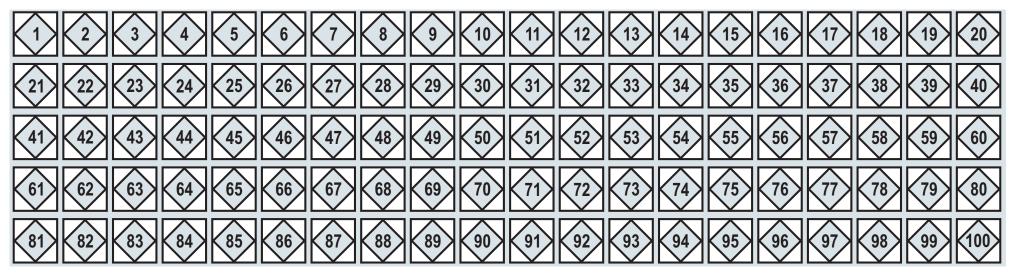
## WALKING TRACK RECORD

-How-to-fill-out-your-walking-record:-

(See Sample) Each box represents 1 mile. Each mile is marked off in 1/4's. If you are walking a 1/4 mile each day then you would fill in 1/4 of the box each day.

So, if you are walking 1/2 a mile each day then you will fill in 1/2 the box on day 1,the second 1/2 of the box on day 2, and start another mile box on day 3.

Sample———	
Day 1	1 2 3 4 5
Day 2	1 2 3 4 5
Day 3	1 2 3 4 5
Day 4	<b>1</b> 2 3 4 5



You will receive a FREE t-shirt at 20, 100 and 250 miles completed.

I certify I have walked the miles marked as above.

Print Name

Signature